

1. An ornamental arm band comprising a rigid plate having an ornamentation on a surface thereon said plate having at least one lateral recess in an edge of said plate therein, said arm band including a springy band rigidly connected to one end of said plate, said band having a U-shaped link rigidly connected at another end of said band, said U-shaped link is adapted to settle in said at least one lateral recess in said edge of said plate when placed on an arm of said wearer because of the bias of said springy band.

2. The ornamental arm band of claim 1, wherein said ornamentation on a surface of said plate consists of a time piece.

3. The ornamental arm band of claim 1 includes printed matter placed on said surface.

4. The ornamental arm band of claim 3, wherein said printed matter identifies a medical condition of the wearer